

FRENCH FITNESS

FF-WMMFT

FRENCH FITNESS WALL MOUNTED
MIRROR FUNCTIONAL TRAINER

OWNERS & ASSEMBLY MANUAL



FEATURES

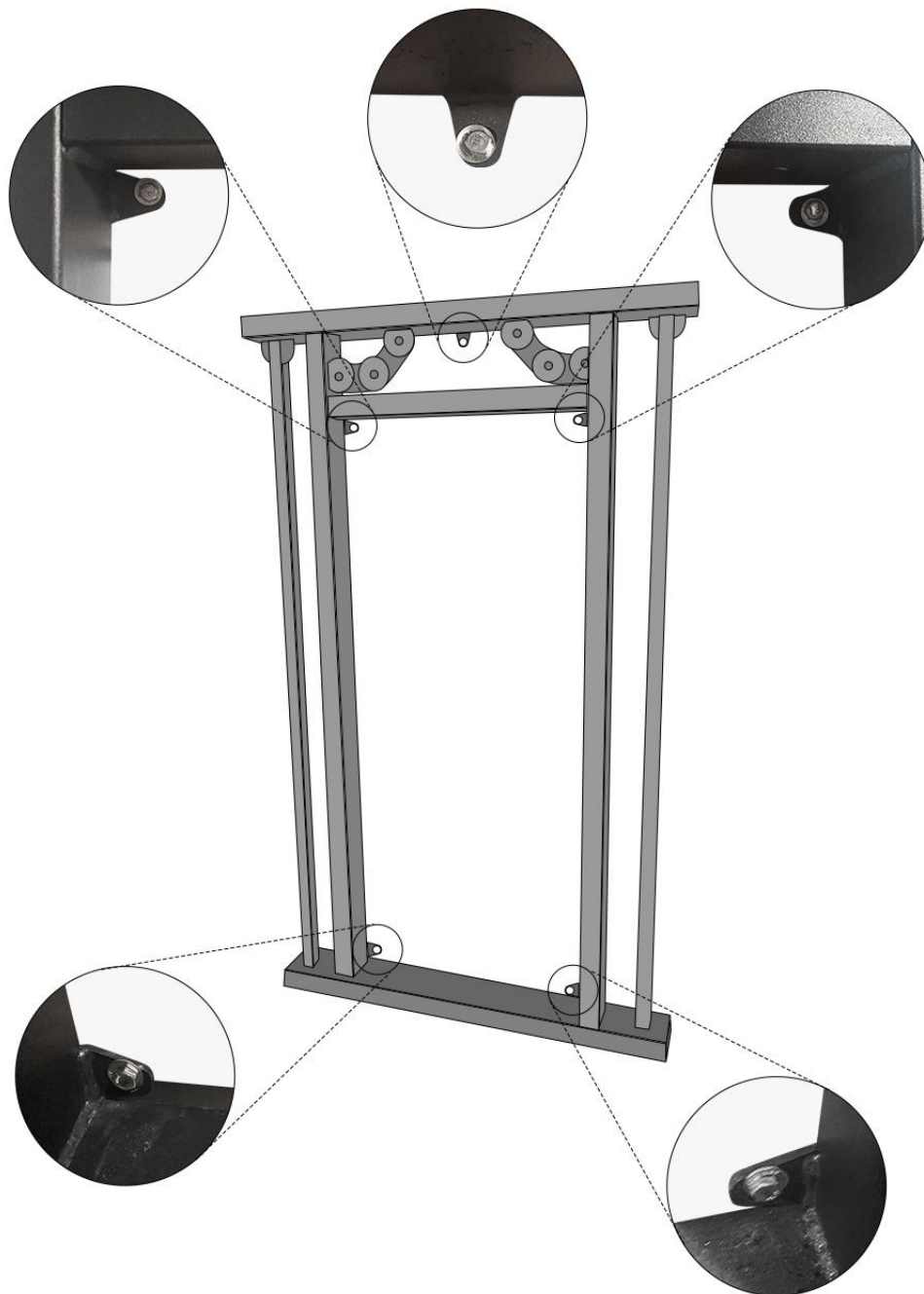
- Rubber Feet
- Wall Mounting Holes: 5 on Back
- Front mirror
- 2:1 Weight to Pulley Ratio (110 lbs per side will feel like 55 lbs per side)
- Excellent surface painting finish
- Smooth welding
- Heavy duty steel construction
- Quick and easy adjustments

TECH SPECS

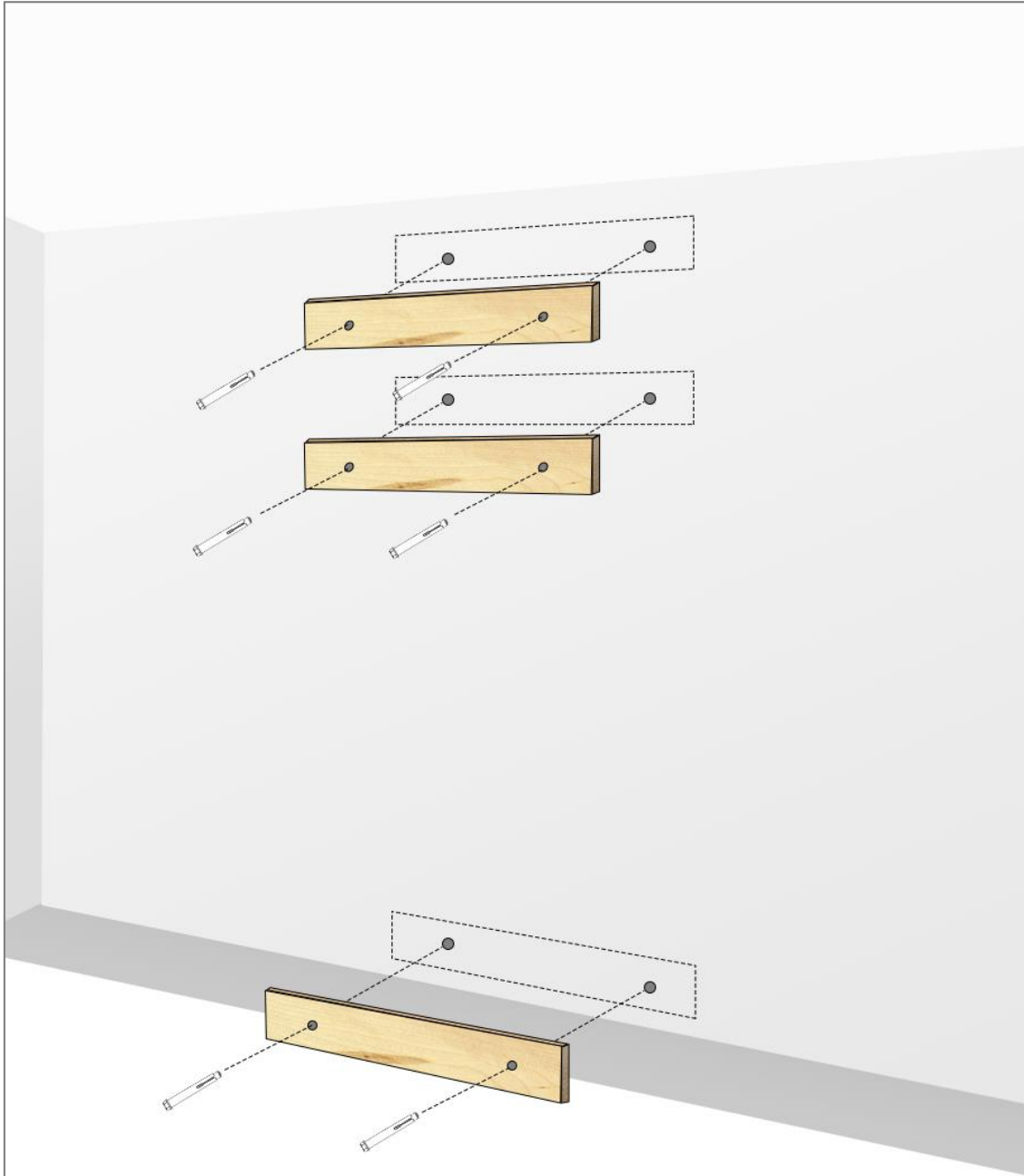
- 101" cable reach
- 26 cable column adjustments
- 48.5"W x 5"D Frame (9" Deep w/Cables) x 84"H
- (10) 11 lb weights per side = 110 lbs per side
- 2:1 Weight to Pulley Ratio (110 lbs per side will feel like 55 lbs per side)
- Wall Mounting Holes: 5 on Back
 - Hole 1: Centered near Top of Machine
 - Holes 2-5: (2) are 3 5/8" High, (2) 7 1/8" High ... *Both are 26 1/4" Width Apart

WARRANTY

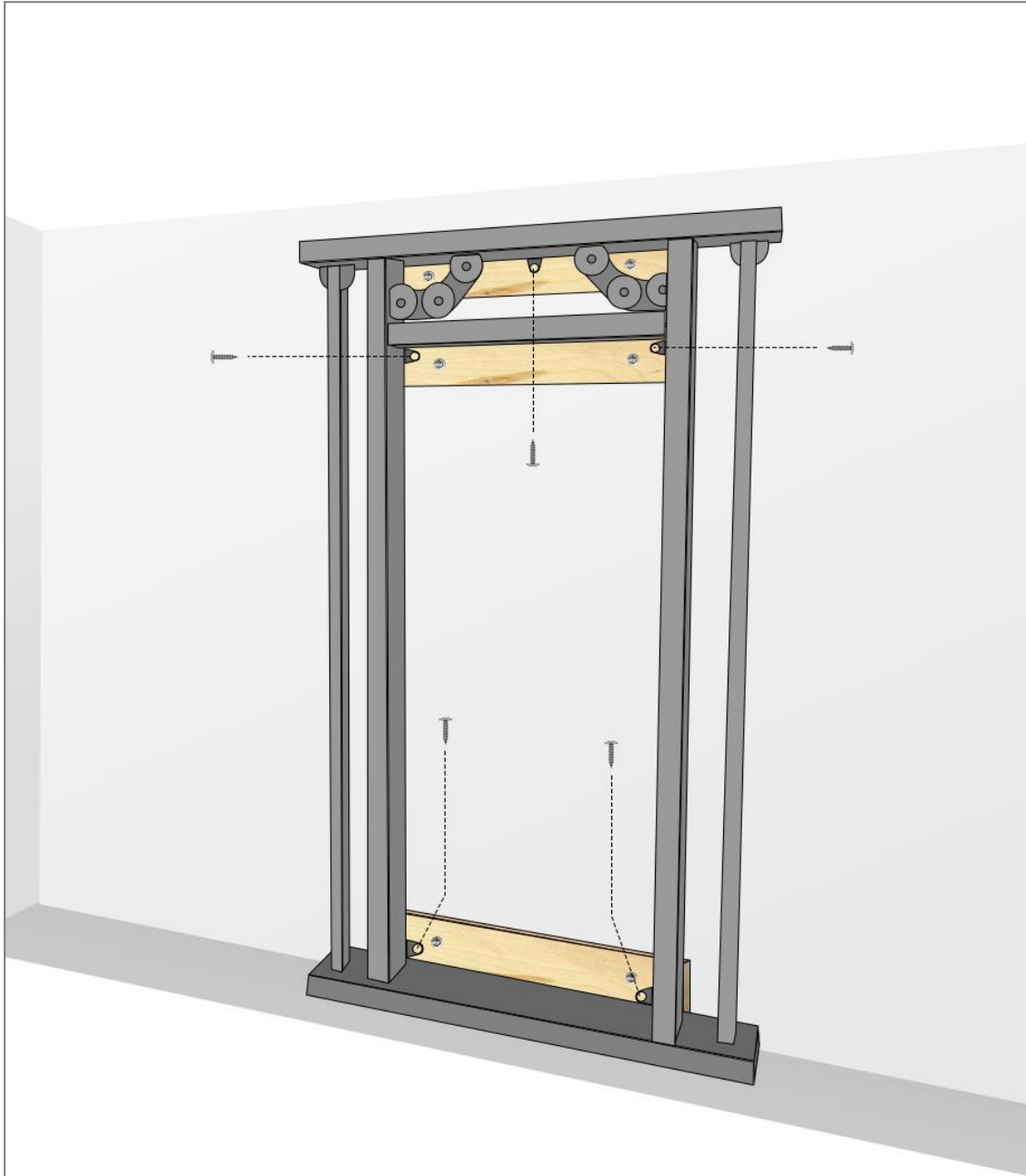
10 Years Parts, 1 Year Labor (Home)



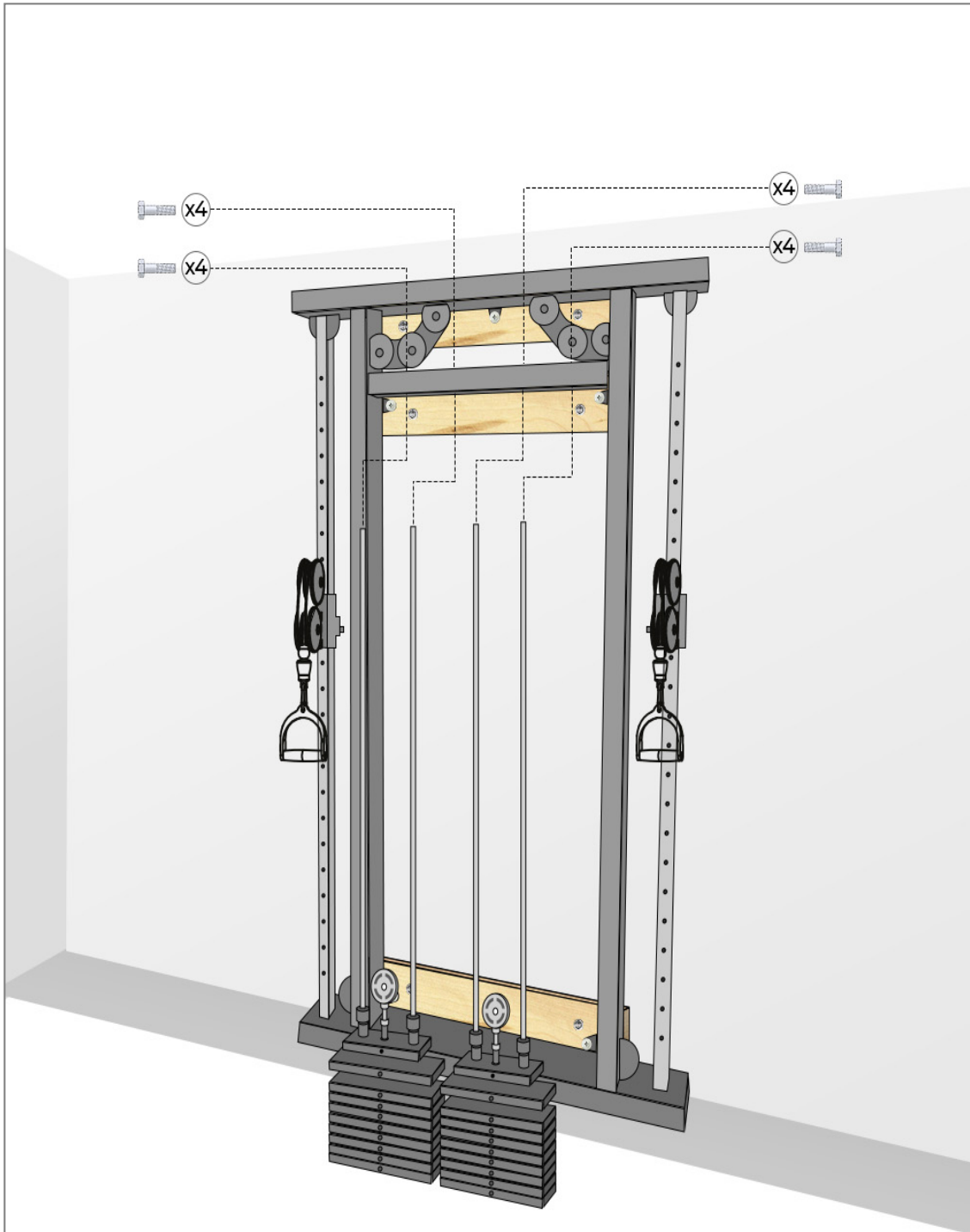
- 1) Stand Mirror Trainer Upright
- 2) Locate the Holes in the mirror trainer. The wall mounting bolts will go through the holes.
- 3) Cables and pulleys come prerouted. This is not shown in the pics



- 4) Locate Concrete or Wooden 2x4 / 4x4 studs in the wall. Mount (3) 2x4's horizontally onto the wall to align with the holes. Mount each into 2 different wooden studs along the wall making at least 6 holes in the wall total



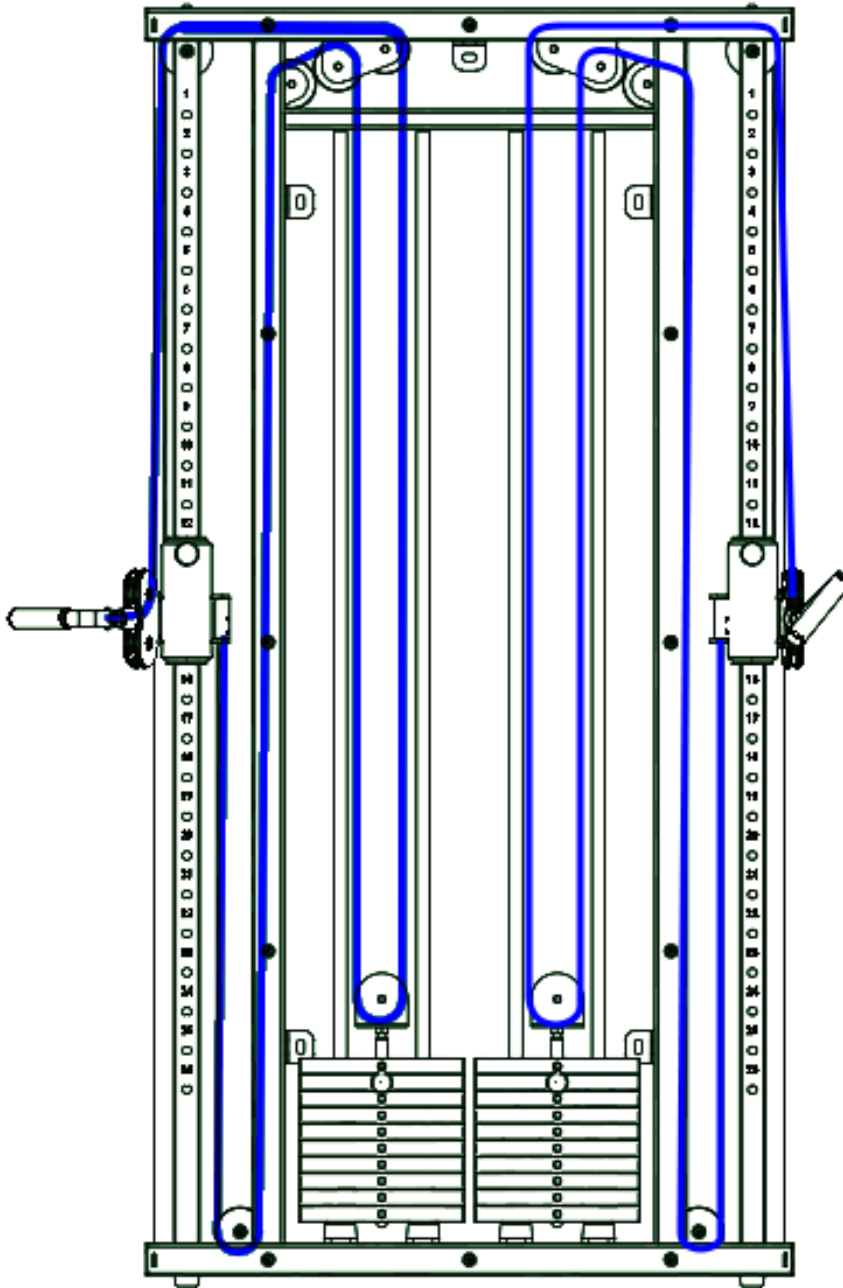
- 5) Mount the 5 included mounting bolts through the 5 back holes on the machine into the 2x4's that have been mounted to your wall



6) Install the weights. The large weights will go in first on each side evenly while the small weight goes in last.

CABLE ROUTING

The blue lines below which represent the route of the cables.

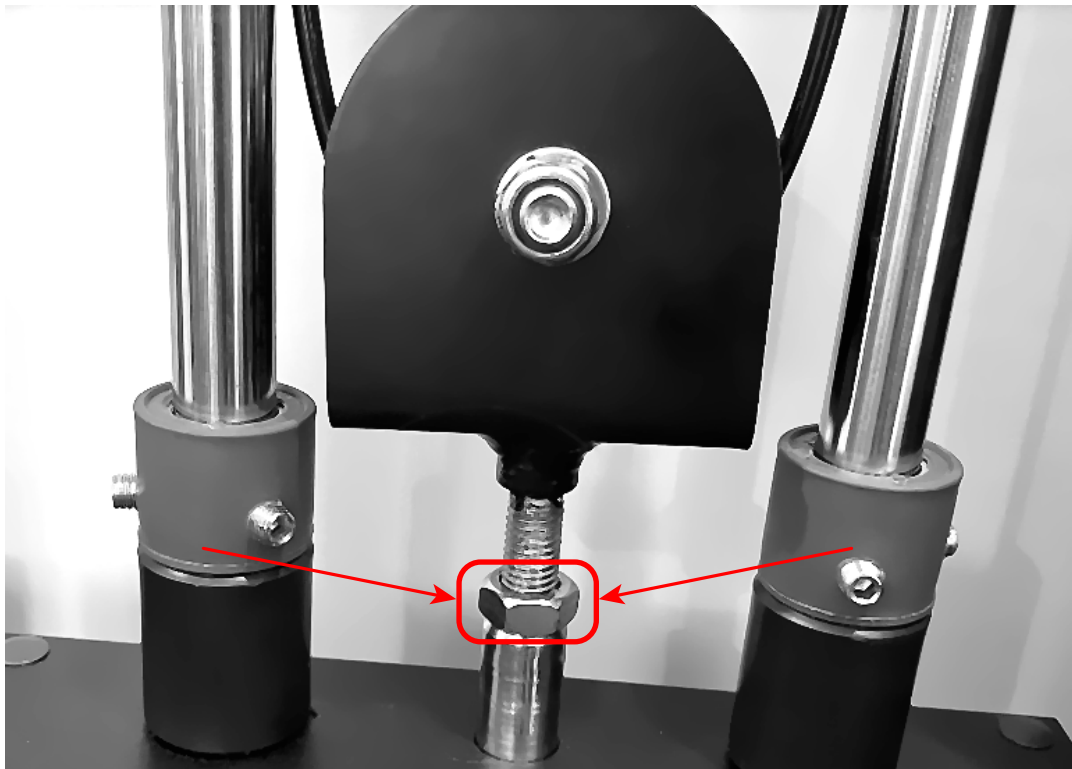


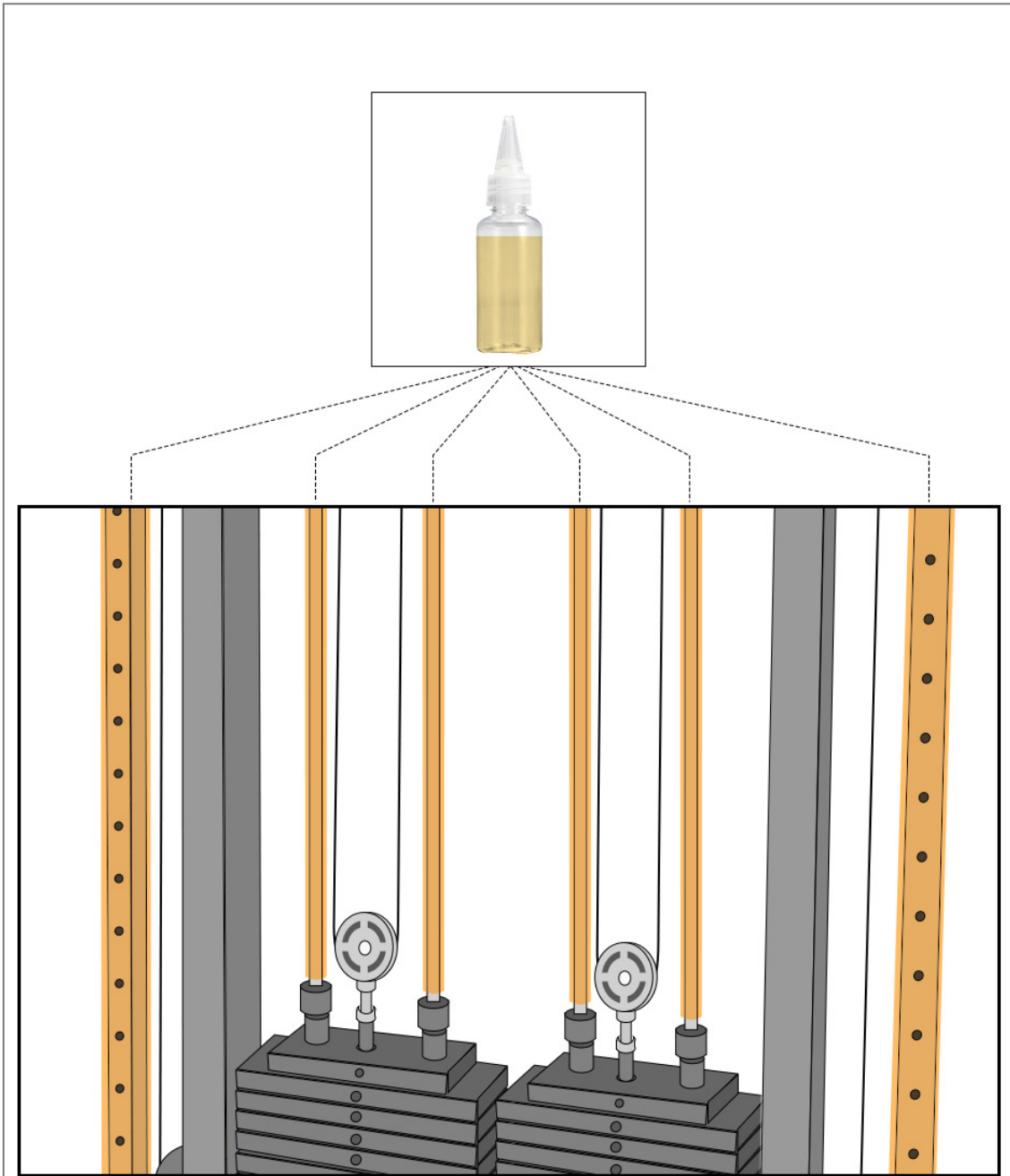
CABLE TENSION ADJUSTMENT

Adjust cable tension by adjusting the nut attached circled in red.

You will need to find a point where cable tension is tight, but the top plate does not lift.

If cable tension ever loosens or top plate raises, then adjust here.





7) Lubricate the columns that cables adjust up and down on with the bottle of lubricant provided.

